

# Food Sources of Vitamin C

# Food Sources of Vitamin A



## Vegetables:

Asparagus  
Sprouts  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Cauliflower  
Chard  
Collards  
Kale  
Lima Beans  
Mustard Greens  
Okra  
Onion  
Parsnips  
Peas  
Peppers, Sweet  
Plantain, Green, Ripe, Boiled  
Potatoes, White  
Pumpkin  
Radishes  
Romaine Lettuce  
Rutabagas  
Snow Peas  
Spinach  
Squash, Summer & Winter  
Sweet Potatoes  
Tomatoes  
Tomato Juice  
Turnips



## Fruits:

Apples  
Apple Juice  
Banana  
Blackberries  
Blueberries  
Cantaloupe  
Grapefruit  
Grapefruit Juice  
Honeydew Melon  
Kiwi  
Mandarin Oranges  
Mango  
Orange Juice  
Nectarines  
Papaya  
Peaches  
Pears  
Pineapple  
Pineapple Juice  
Plums  
Raspberries  
Strawberries  
Tangelos  
Tangerines  
Watermelon



## Vegetables:

Beets  
Bok Choy  
Broccoli  
Carrots  
Chard  
Collards  
Kale  
Mustard Greens  
Peas and Carrots  
Pepper:  
    Sweet, Red  
Plantain:  
    Green, Ripe, Boiled  
Pumpkin  
Romaine Lettuce  
Spinach  
Squash, Winter  
Sweet Potatoes  
Tomatoes  
Tomato Juice  
Tomato Puree  
Tomato Paste



## Fruits:

Apricots  
Canned Plums, Purple  
Cantaloupe  
Cherries, red, fresh  
Mandarin Orange  
Mango  
Melon Balls (honeydew)  
Nectarines  
Papaya  
Peaches  
Watermelon

## Other:



Milk:  
Fortified w/ Vit. A



# Food Sources of Iron



## **Vegetables:**

Dark green leafy vegetables:  
Spinach  
Chard

♦ **Dried beans, peas and legumes**  
**including but not limited to:**

Lima Beans  
Soy  
Lentils  
Black eyed peas (cow peas)  
Kidney  
Pinto  
White beans  
Black beans



## **Fruits:**

Dates  
Figs, dried  
Prune Juice  
Prunes, dried  
Raisins  
Canned Apricots

## **Meats:**



Beef  
Chicken  
Clams  
Egg  
Fish  
Lamb  
Nuts and Seeds  
Pork  
Turkey  
Seafood

♦ **Meat Alternatives:**

Peanut Butter  
Beans  
Pine nuts  
Pumpkin or squash seeds, roasted



## **Bread and Grains:**

All enriched, whole grain or  
fortified bread and bread alternates:

Bagels	Soft Pretzel
Noodles	Cold Cereal
Oatmeal	Hot Cereal
Pita Bread	
Rice	
Flour Tortilla	



Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333

